

## TRACKING ...

## NEWS



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# The Fort Jackson Leader



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# Kid's stuff



Photo by CRYSTAL LEWIS BROWN

From left, Abigail Sawyer, 8, and Janiya Edmond, 9, watch as Jahara Johnson, 11, stirs muffin batter Tuesday at the Imboden Street School Age Center. The children were among those children baking refreshments for Wednesday's ribbon-cutting ceremony that marked the official opening of the school age center and the new child development center.

## Covenant funds new child care centers

By CRYSTAL LEWIS BROWN  
Fort Jackson Leader

Tuesday afternoon, a group of budding chefs took turns whisking a bowl full of cinnamon apple muffin batter. Once the muffins were baking in one of the double ovens in the state-of-the-art kitchen the chefs were using, they would move on to making the apple butter that would be served alongside the muffins.

The chefs were, in fact, a group of children ranging in age from 8 to 11. And the muffins would be refreshments that would be served after Wednesday's ribbon-cutting ceremony that marked the official opening

### MORE TO KNOW

In addition to its regular offerings, the Imboden Street School Age Center offers the following special programs.

School age night — 7-9 p.m., first Friday of each month

Health Rocks! — 6:30-9 p.m., third Friday of each month

Open recreation — noon to 6 p.m., every Saturday

School Age Center, are just two of the visible effects of the Army Family Covenant, said Rose Edmond, chief of Child, Youth and School Services.

"This is a one-of-a-kind setup," Edmond said, while taking a break from setting up tents for Wednesday's ceremony.

The official ceremony comes after the centers' "soft" opening in August as those parents needing extended care were transitioned from other on-post child development centers and care homes. Each of the centers cost approximately \$5 million.

Unlike many other military child care

of Fort Jackson's newest child care centers.

The new centers, Imboden Street Child Development Center and Imboden Street

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# Covenant continues to provide for families

**A**s we approach the fourth anniversary of Fort Jackson's signing of the Army Family Covenant, I ask that we all reflect on how our quality of life continues to get better as a result of this initiative and our Army's efforts to improve upon our family culture.

Fresh in my mind is the ribbon-cutting ceremony that we conducted Wednesday for the opening of two new child care centers on post. The centers, which cost \$5 million each to build, provide our cadre with peace of mind at a very reasonable rate and meet a growing demand for child care in our community.

The two centers, which are fully furnished and are complete with playground equipment, will host after-school programs for kindergartners and school-age children. We will continue to meet our families growing needs with another scheduled CDC to be completed in 2012. These centers reflect the spirit and intent of a covenant that puts families at the forefront of our priorities.

Another thing that comes to my mind that reflects the Army's commitment to improving quality of life is the opening of the Moncrief Medical Home in Northeast Columbia this past spring. The home provides a convenient way of delivering health care to active duty family members who reside off post in our neighboring communities.

The concept of the medical home is centered on the patient and family. It's designed to optimize health care delivery through enhanced access, continuity, coordination and quality of care. Each patient is assigned his or her own health care provider and team, who form a relationship with the patient and get to know the patient and his or her

**MAJ. GEN.  
JAMES M. MILANO**  
*Fort Jackson  
Commanding  
General*



health care concerns.

This is another recent example of how the quality of life for Soldiers and families has improved since we committed ourselves by signing our covenant.

As you know, the Army Family Covenant represents a \$1.4 billion Army-wide investment in the quality of life for our families. After the initial signing of the document in October 2007, Army leaders at installations around the world gathered to sign the document. Fort Jackson signed the document a month later on Nov. 17 and has been moving briskly forward ever since.

Probably one of the most visible signs of the covenant's effect has been our on-post housing development program. When all of the construction eventually ends next year, more than 600 new homes will have been completed and more than 250 other homes will have been renovated.

The Army Family Covenant provides the thrust for our family programs, physical and mental health care, housing, education, child care and employment opportunities for

spouses. The Army recognizes the tremendous sacrifices that our families make every day, and to that end will continue to compensate our Soldiers and families with the means and opportunities to enjoy the quality of life that they deserve.

Since the original signing of the document, Fort Jackson has enjoyed many other gains and improvements in family programs and services.

Registration and re-registration fees for Child, School and Youth Services programs have been completely eliminated.

There have been programs added across the board, increased staffing in family support programs and the development and staffing of a first-rate Family Life and Resiliency Center. There have been enhancements at Army Community Services, as well. Programs such as Exceptional Family Member, Employment Readiness and Financial Readiness have been refined and improved.

All of the improvements on Fort Jackson reinforce the fact that strong families are important to us. As time goes on, we realize more and more that the covenant is much more than a document. It is the foundation that we build successful Army families upon.

Strong families are a readiness issue, and we will remain committed to providing an environment in which they can flourish. Army leaders continue to affirm that although taking care of Soldiers is our No. 1 priority, there is no better way to take care of a Soldier than to support his or her family.

**Army Strong and Victory Starts Here!**

## *The Fort Jackson* **Leader**

**Fort Jackson, South Carolina 29207**

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## Combative center opens



*Photo by CRYSTAL LEWIS BROWN*

**From left, 1st Sgt. Ramona Geiger and Capt. Joseph Johnson, both with the Soldier Support Institute's HHC Training Support Battalion, cut the ribbon on the SSI's new Modern Army Combatives Center during a ceremony Monday as Brig. Gen. Mark McAlister looks on. The center, which was renovated by a team of Soldiers and civilians, took approximately three months to convert the former office space to a combatives room and fitness center. The center offers Basic Officer Leadership Course students a place to practice combatives. The fitness center portion is also open to Soldiers and civilians who work within the SSI.**



# New York battle buddies become brothers in arms

By **SUSANNE KAPPLER**  
Fort Jackson Leader

When Pvt. Jereld Vanhook, Company A, 3rd Battalion, 13th Infantry Regiment, arrived in Basic Combat Training nine weeks ago, his “brother,” Pfc. Omari Paul was by his side.

Vanhook and Paul are not biological brothers, but the two friends from Brooklyn, N.Y., have lived together since 2007 and frequently refer to each other as brothers.

Vanhook said at 17, he and his older sister were kicked out their home after a big fight that stemmed from problems between his mother’s birth children and his stepfather’s children.

“Luckily, Omari was there the same day,” Vanhook said.

Paul invited Vanhook to stay at his home, and the two have been living together ever since.

“He was my best friend, and I’m not going to just let him sit there and fall if I can do something about it. So I just picked him up the best way I could,” Paul said. “The best thing that I could do was just to keep him in high hopes. I can’t really just let him sit there and just dwell on the negatives and negatives, because it’ll suck you in. Once you get in, it’s kind of hard to get out. So I just pulled him under my wing the best I could.”

Vanhook said he doesn’t take what Paul and his family did for granted.

“He could have said, ‘I don’t know what to do for you. I don’t think my family would let you (stay).’ He actually said, ‘You know what? Come on. Come to my house and we’ll explain it to my mom later.’ I really feel grateful that she was open to the idea. I could’ve been in a shelter somewhere, waiting to be placed in housing.”

That was not an option that Paul’s mother, Evelyn Sutton, was willing to embrace.

“I don’t like to see a child out in the street,” Sutton said.

Vanhook lived with Paul and his family throughout high school and they later studied at the same college. Motivated by Paul’s sister, who had served in the military, the two decided to enlist in the Army Reserves. Initially, Paul and Vanhook chose different military occupational specialties, but Paul said he changed his mind at the last minute and the two wound up in different platoons of the same basic training company.

“We had this little plan. We were going to go into basic and we were going to try and stay under the radar. When we got here, it didn’t last too long,” Paul said.

Paul and Vanhook were both chosen as platoon leaders at the same time early in basic training.

“For me to get picked, I felt honored. I never expected to come into the military and be in any leadership position at all,” Vanhook said. “And just to see that me and my brother — we became (platoon leaders) basically at the same



Photo by **SUSANNE KAPPLER**

**Pvt. Jereld Vanhook, left, and Pfc. Omari Paul, both with Company A, 3rd Battalion, 13th Infantry Regiment, practice clearing a building. The two have lived together like brothers since 2007 and decided to join the Army together.**

time — I felt that maybe I’m doing something correct and they noticed.”

Staff Sgt. Robert Clayton, a drill sergeant in Vanhook’s platoon, said that choosing Vanhook as a platoon leader was a no-brainer. He said he thinks Paul and Vanhook’s story illustrates how resilience can lead to success.

“Paul and Vanhook are motivators. Especially with what they’ve been through, it shows people you can overcome your problems. Come to the Army and use those problems you’ve had in the past to strengthen you and make you a better Soldier.”

Staff Sgt. Marquita Daniels, one of Paul’s drill sergeants, said she hopes their story will serve as a reminder that you can overcome personal hardship and be successful in the Army.

“Pfc. Paul is a natural-born leader. He stood out from Day One,” Daniels said. “I wasn’t aware that he had a brother (here), until one day I actually heard him say they were brothers. I thought it was a joke. Both of them are very high-speed Soldiers.”

Capt. Sherric Nelson, commander of Co. A, 3-13th, said the synergy between the Soldiers is clearly visible.

“They motivate the company together. They always perform tasks together, even though they’re not in the same platoon,” Nelson said. “They push each other on the physical fitness test. They’re just a positive (duo).”

Vanhook said that working with Paul while in BCT is an advantage.

“It feels great knowing that I have someone that I already had a connection with before the Army,” he said. “We already know

how (the) other works. We know how we think. We know who’s going to need help doing something or who doesn’t.”

Vanhook said since the events in 2007, he has reconciled with his birth family.

“I was born and raised in North Carolina, so family is a very big thing. I say, all families fight. It doesn’t matter where you come from — eventually you get to that point where attitudes boil over.”

The Soldiers are scheduled to graduate Oct. 27. Vanhook’s and Paul’s families are planning to attend Family Day and graduation events together.

“There’s really no bad blood between any of our families. We realize that things happen. (What matters is) how we adapt to it and keep moving,” Vanhook said.

Sutton said she is looking forward to reuniting with Paul and Vanhook during Family Day.

“I’m happy they’re doing something constructive,” she said. “This is part of their destiny. I just like to see the smiles on their faces.”

After graduating, Vanhook and Paul will move on to Fort Sam Houston, Texas, where they will attend Advanced Individual Training as health care specialists. After returning home, both plan to finish their college educations; Paul in electrical engineering and Vanhook in accounting and business financing.

Both said they are considering going active duty after finishing their educations.

“I’m actually leaning toward that direction,” Vanhook said. “You can’t really beat it, especially if I get the chance to work with my brother again.”

## News and Notes

### SCHOLARSHIPS AWARDED

Maj. Gen. James Milano, Fort Jackson’s commanding general, and Mike Jones, 100th Infantry Division Association representative, presented Pfc. Henry B. Williams Scholarships to Staff Sgt. Lisa Lewis, Company D, 1st Battalion, 13th Infantry Regiment and to Sgt. Christopher Lambe, 369th Adjutant General Battalion in a ceremony Friday.



**LEWIS**



**LAMBE**

### GATE 4 PROCEDURES CHANGE

Gate 4 is open only to inbound traffic from 6 to 10 a.m., Wednesdays and Thursdays. During these times, motorists will not be able to exit the installation through Gate 4.

### MACH FORUM SET

Moncrief Army Community Hospital has scheduled an information sharing forum for 5 p.m., tomorrow at the MACH Victory Conference Room (third floor). The forum will include topics like upcoming changes to TRICARE, the Moncrief Medical Home, the Combat Stress and Addictions Recovery Program and others.

### CONSTRUCTION UPDATE

The lower level of the Moncrief Army Community Hospital parking lot is scheduled to be repaved Friday. During the project, employees are asked to pay special attention to avoid getting liquid tar on their vehicles. Overflow parking will be available at the Strom Thurmond Building.

### BASKETBALL CLINIC SCHEDULED

The University of South Carolina men’s basketball team will conduct a fan experience event from 4 to 5 p.m., today at C.C. Pinckney Elementary School. The event will include interactive drills with the coach and players, as well as an autograph and photo session.

### COMMUNITY TOUR SET

A “Come see your Army” tour is scheduled for Oct. 27. Participants will attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; and more. RSVP is required by today. For more information and to register, call 751-1474.



## Housing Happenings

### COMMUNITY UPDATES

❑ The Housing Services Office is hosting a Mock Home Inspection class 11:30 a.m. to 1 p.m., Tuesday. A licensed home inspector will provide critical information needed to protect residents from housing pitfalls, safeguard loved ones from potential hazards and minimize home investment risks. Learn about the different types of home inspections (i.e., structural, plumbing, HVAC, etc.), how to choose a licensed home inspector and why an inspection is vital even when moving into a new construction. RSVP by Friday at 751-9323/9339/5788. Space is limited. The class is open to all ID card holders. Lunch will be provided.

❑ All housing offices will close at 11:30 a.m., Oct. 28 for an organizational day. The offices will reopen Oct. 31. For emergencies during this time, call 338-4809. Balfour Beatty offices will remain open.

❑ A part of Imboden Street will be limited to one lane of traffic from 8 a.m. to 4 p.m., Nov. 11 for paving. Flagmen will be in place to ensure traffic control.

❑ On-post housing trick-or-treating is scheduled for 6-8:30 p.m., Oct. 31. Children and parents should wear reflective items as a precaution.

❑ A community yard sale is scheduled for 6 a.m. to 3 p.m., Saturday at the Solomon Center. All on-post residents are invited to sell items. Sellers determine the cost of sale items and retain the full profit of sales. Contact 751-9339. Only on-post residents may sell items; however, shoppers from on and off post may purchase items.

❑ Decorate your house on or before Oct. 27 to be judged as the best Halloween decorations in housing. The winner, who will be announced Oct. 28, will receive a gift card.

❑ Showcase your carving skills by entering the housing pumpkin carving contest. Call the Community Management Office at 738-8275 and a staff member will come by to take a photo of your entry. All entries must be received by Oct. 27. The winner will be announced Oct. 28.

❑ Residents who refer someone to move on post are eligible to receive \$200.

❑ Residents must obey the 20 mph speed limit in housing and be mindful of the music volume in vehicles.

❑ Prorated rent for October is available for the senior NCO areas. For more details, call 738-8275.

### CONSTRUCTION UPDATES

❑ To date, 504 homes have been completed.

❑ A total of 916 homes have been demolished to date.

❑ Construction is in the final stages in the vicinity of Hunt, Hartley and Thomas courts.

❑ Phase III homes along Parker Lane are in the advanced stages of construction. Delivery of the homes is scheduled to begin in November.

# Online tools help Soldiers achieve smooth relocation

By MIRANDA BROADUS

ACS Relocation Readiness Program

Relocation Readiness provides information to help make the service member's and his family's next move go smoothly. The program services are designed to help personnel and family members who have received permanent change of station orders. The services also provide those currently stationed at Fort Jackson current and up-to-date information.

The website "Military Homefront" has been established to assist personnel and their families in their next move. Go to [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil), click on Military Installations located at the bottom of the page and type in the name of the installation and click "GO"

to get an electronic welcome packet and also to request a sponsor.

From the Military Installation link, access

Plan My Move to take charge of a PCS move. Plan My Move provides access to information about entitlements and benefits, points of contact, checklists, planning tools and information on education and employment.

Plan My Move will put the service member and his family in charge of a smooth relocation to the new duty assignment. This link lets a person create a personal moving calendar with checklist, phone list, to-do lists and links to

critical moving processes and information. A budget planner, housing application and household goods customer satisfaction surveys, among other tools, are also available.

Those who have just received PCS orders or are planning their first move as a Soldier or family member can contact the Relocation Readiness Program for current contact information on the services that will help make a smooth move. For more information, or to make an appointment, contact Miranda Broadus at 751-1124 or [miranda.broadus@us.army.mil](mailto:miranda.broadus@us.army.mil).



## Shaw gym opens



Photo by STAFF SGT. MYLINDA DuROUSSEAU, Third Army/ARCENT

**Lt. Col. Thomas Moran, Third Army/ARCENT chief of communications operations, demonstrates how to use the total body resistance exercise system at the new Shaw Air Force Base fitness annex center Friday. The more than 22,500-square foot facility is fully equipped to help Shaw personnel remain fit and ready.**



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.



# Meeting touches former BCT commander

A few weeks ago, as I was about to board a helicopter at Bagram Air Base for a mission to another area in Afghanistan, I was approached by a young Soldier in sun-baked, worn fatigues with a quizzical expression on his face.

The Soldier, trying to yell above the deafening sounds of helicopter blades and airplane engines roaring over the tarmac, asked if I had commanded a battalion at Fort Jackson. I told him yes and asked if he had gone through Basic Combat Training in my unit.

He got a big smile on his face and told me that he had gone to basic in my Bravo Company and then talked to me about his drill sergeants with a proud and beaming smile. I asked him one question, a question that constantly remained fixed on my mind while I commanded the 3rd Battalion, 34th Infantry Regiment; I asked him if we had trained him “right.”

As the blazing sun briefly obscured my vision of the young Soldier’s face, I noticed that he had lowered his head, squinting his eyes as he took in a deep breath to reflect on his 11 months spent in Afghanistan. Slowly, he lifted his head, looking directly at me with a look not reminiscent of the 19-year-old young man who had entered the Army less than two years earlier, but rather that of a combat veteran.

He opened his mouth and above all the hectic, early morning commotion of an operating base in a combat zone replied with a firm and confident, “Yes.” I felt a deep sense of personal and professional satisfaction because we had achieved our mission in Basic Combat Training; to prepare our most sacred American treasure — our young men and women — for war. The affirmation by that private was a testament to the dedication and professional commitment by our drill sergeants and cadre.

One of the first points I addressed with every Soldier

## COMMENTARY

By LT. COL.

**BRYAN HERNANDEZ**

*Combined Joint Task Force 1,  
Regional command-East  
Afghanistan*



our battalion trained during the first week of BCT was the fact that many would deploy to either Iraq or Afghanistan soon after reporting to the first unit of assignment. My intent was to impress upon the Soldiers the importance of the skills taught in BCT — from marksmanship and physical fitness to Warrior Tasks and Battle Drills — as critical to success and survival in combat. Only two weeks after changing battalion command, I found myself deploying to Afghanistan as part of the 1st Cavalry Division.

Within the first week of arriving in Bagram, I stood in my first ramp ceremony on this tour. The ramp ceremony is a solemn event where units gather on the flight line to bid farewell to those who have made the ultimate sacrifice for our nation.

During the ceremony, flag-draped caskets carrying the remains of Soldiers, Sailors, Airmen and Marines killed in Afghanistan are carefully placed on awaiting aircraft for their final journey back home. The ceremony is both a reminder of the last full measure of sacrifice our service members are willing to give in the defense of our nation and the responsibilities we have at Fort Jackson to train these young men and women for the challenges of war.

While standing there watching the caskets pass our formation en route to the aircraft, I thought once again about our professional commitment to train Soldiers.

Soldiers die in combat; it is a sad fact about war. However, we must balance the long hours and fatigue with an unwavering resolve to train to standard, never being satisfied with “just good enough.”

As leaders, we are entrusted with a responsibility that is incomparable with most other professions — life and death. Mother and fathers, husbands and wives, friends and families, send their loved ones to us for an alteration not seen in normal life — transforming civilians into Soldiers. Ours is a responsibility of unequalled importance. There is no room for error or second chance when it comes to training Soldiers. Further, just as we are committed to taking care of our Soldiers, we must be equally dedicated to the care and well-being of our families, because they are the supportive backbone in everything we do.

Duty at Fort Jackson, either as a commander or drill Sergeant, is not easy. The hours are long, the breaks few and the stress is high. Fort Jackson is the premier training facility for our nation’s Army to conduct Basic Combat Training. We have the indelible responsibility to produce the best Soldiers for our forces in combat. This requires an absolute dedication to excellence and high standards.

Unfortunately, many of us in BCT do not have the opportunity to see the outcomes of our hard work because the results are not measured on graphs or quarterly reports, but rather on battlefields in places such as the Tangi Valley, Wanat or Khost.

In a chance encounter, and in a somber ceremony, I have had such an opportunity to know that the fine NCOs and officers of Fort Jackson are ensuring that the young men and women we graduate on Hilton Field are prepared for the challenges that await them.

*Editor’s note: Lt. Col. Bryan Hernandez is the former commander of the 3rd Battalion, 34th Infantry Regiment.*

## Spouses’ day out



*Photos by CAPT. MICHAEL LEMAY, 1st Battalion, 13th Infantry Regiment*

At left, a group of spouses hoist Vania Lunardon during the Teamwork Development Course portion of the 1st Battalion, 13th Infantry Regiment’s Jane Wayne Day event Friday. Above photo, Shawn Stolle, father of one of the battalion’s company commanders, makes his way across the rope bridge at Victory Tower.

# School search requires degree in patience

What do rising tuition costs, nerve-wracking school visits, waiting lists and expensive application fees have in common? No, I'm not going back to school; my son is. And so far, choosing a preschool seems a more daunting task than applying for college.

When it comes to choosing a college, the criteria seemed simpler somehow. Do they offer the major I want to pursue? Check. Can I afford it? Check. Do I like the location? Check.

But this preschool business has opened up a whole new can of worms for me to research. Do I want something close to home or close to work? And what type of curriculum is best? Do I want Montessori? A Beka? A Christian school? And while I'm at it, it is important to note that whatever choice we make will be the basis of my child's education for the rest of his life. If you can't tell, I'm just a bit freaked out by this whole thing.

In a few months, my son and I will join my husband in our new home that is literally on the other side of the country. We will make the more than 2,000-mile trip to Arizona to begin our life out of the military. And unfortunately, I've already been denied my request to include the entire Scales Child Development Center in my household goods.

I must admit, Fort Jackson's Child, School and Youth Services facilities have gotten me spoiled. The Scales CDC, which my son attends, is accredited by the National Associ-

**CRYSTAL CLEAR**  
By Crystal  
Lewis Brown  
*Fort Jackson Leader*



ation for the Education of Young Children, one of the most prestigious accreditations for programs that serve young children.

A quick search for NAEYC-accredited programs in Arizona yielded schools with tuitions that could get me an associate's degree.

On post, I also don't have to worry whether he is in the right class for his age. The centers follow an age-group progression, and move children up automatically after providing a short transition period. In my son's class, staff members follow a curriculum that teaches the children numbers, colors, letters, seasons and more.

I have been happy with the care I have received at the center and even happier with the amount my son seems to learn each day. He receives nutritious meals and snacks, and

I can drop him off as early as 5 a.m. and pick him up as late as 6:30 p.m. I won't even get started on the Saturday care that costs less per hour than a Happy Meal (and is no cost for those whose missions require them to work Saturdays) and the twice-monthly Parents' Night Out opportunities that allow parents five free hours on a Friday evening to do whatever they want sans children.

For the same price as what I pay on post, one school offered a three-day-a-week program, which ended at noon and didn't even include lunch.

So, in the interest of getting my son in the best school possible (thus securing his entry into an Ivy League college), I've resorted to hardcore research. I've created intricate spreadsheets that compare schools' curriculums, prices and care hours. I've made phone calls to preschools, quizzing them on what the children learn, and whether Spanish is part of the curriculum. I've enlisted the help of other moms, day care staff and even a child education specialist (who also happens to be one of my closest friends).

I figure that through it all, we are bound to come up with a choice that fits our son, and our family's, needs. And who knows; at the end of it all, maybe my son will learn as much at his new preschool as I have through this entire process.

*Editor's note: Crystal Lewis Brown is the editor of the Fort Jackson Leader and has been the spouse of a military member for six years.*

SECURITY WORD SEARCH PUZZLE

- ACCESS
- INFORMATION
- CLASSIFIED
- INVESTIGATE
- CLEARANCE
- PERSONNEL
- CONTAINER
- SECRET
- COURIERCARD
- SECURE
- EQIP
- SECURITY
- GSA
- TOPSECRET

— From the Installation Security Office

Q	D	T	C	B	S	S	L	T	O	G
C	O	N	T	A	I	N	E	R	N	I
L	N	U	H	F	T	C	S	A	N	W
T	S	E	R	Q	P	O	M	F	X	M
P	U	C	Y	M	R	A	O	Z	W	D
C	F	E	M	A	F	R	F	L	R	E
L	D	F	V	X	M	A	O	M	T	R
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C	Q	A	C	U	S	E	A	U	S	C
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H	S	T	A	S	F	R	E	I	P	S
G	E	L	Z	X	L	A	N	E	C	A
Q	C	P	S	Z	D	U	D	R	Y	H
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H	B	O	L	K	C	P	S	Y	Q	Z
T	E	R	C	E	S	P	O	T	H	E
I	N	V	E	S	T	I	G	A	T	E



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# New centers serve dual age groups

Continued from Page 1

centers, which focus on either school-age children or younger children, both of the new buildings will house infants through 10-year-olds.

The Imboden CDC, which has a capacity of 160, will be split about 50/50 with those age groups, while the school age center, with a capacity of 135, will house mostly school-age children. Although there are no younger children yet enrolled at the school age center, Edmond said the dual age groups will provide parents an opportunity to put siblings in the same building.

Edmond also said the addition of the new buildings have whittled the waiting lists for parents waiting for care.

"Almost all the waiting lists are exhausted," she said. "If you want the care, we have it somewhere."

Each of the two buildings has rooms dedicated for younger children, and the CDC has a separate wing for school-age children. Currently, all kindergarten classes are held at the CDC. The school-age portion of both centers run on a similar system. Children are dropped off or are bused from one of the two on-post schools or 19 off-post schools that CYSS services. Children then go to their "home bases" after an accountability check.

After more accountability in the home bases, children can choose to go to other rooms such as an entertainment center, gym/multipurpose room and a homework/computer lab.

In the school age center, a large open kitchen serves as an opportunity for children to observe cooking demonstrations and try their hand at cooking, like the children making refreshments for Wednesday's ribbon-cutting ceremony.

Jamillah Manigo, director of the Imboden Street CDC, said the setup of the facilities allows staff to provide a safe, and fun, learning environment for the children. It is also accommodating for parents.

"It provides them with a lot of convenience, especially for siblings," Manigo said. Her center serves as the post's extended care facility, and is open from 4 a.m. to 9 p.m. for those whose mission requirements necessitate a need for such care. The center also provides Saturday care.

"We are glad that we are able to provide our extended care parents (this facility)," she said. "The Army Family Covenant has really helped with the funding so our Soldiers get the care they need."

Sandra Madera, director of the school age center, said she has received positive feedback from parents so far.

"All the CYSS programs we have are here to serve the Soldiers and the needs of the kids," she said. "We're looking to provide a good environment for the kids."

In addition to the various rooms that provide a place for children to do homework,

read books or play video games, the school age center offers special trips throughout the week by partnering with AAFES facilities.

For example, children can go to the bowling alley on Tuesdays, and Fridays, they are treated to a movie at the post theater. Because missions sometimes require parents to be apart from their children for extended periods, Madera said, the center staff does its best to make children's time at the center as enjoyable as possible.

Madera said she hates to see any child cry, but sometimes, it's for a good reason.

"When I see a child crying because they don't want to go home, that makes me feel something," she said. "They love to be here."

*Crystal.Y.Brown@us.army.mil*

**Katherine Santiago, center, bids a group of preschoolers, "Adios," at the end of a Spanish lesson at the Imboden Street Child Development Center Tuesday. The CDC, along with the Imboden Street School Age Center, officially opened Wednesday with a ribbon-cutting ceremony.**



*Photos by CRYSTAL LEWIS BROWN*

**Shane Morris, with the Fort Jackson Fire Department, shows a group of toddlers fire equipment during a demonstration at the Imboden Street Child Development Center. The CDC, which had a "soft" opening in August, serves as an extended care facility to accommodate the mission requirements of Fort Jackson Soldiers.**



## COMMUNITY SNAPSHOTS

### Helping Hands awards



**More than 100 Fort Jackson volunteers received the commanding general's Helping Hands award in a ceremony Tuesday at the Joe E. Mann Center. The award is presented quarterly to volunteers who have made an impact on the Fort Jackson community.**

*Photos by JAMES ARROWOOD, command photographer*

#### SSI HONORS

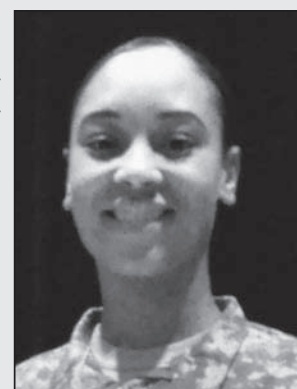
The Soldier Support Institute named its civilian and Soldier of the quarter in a ceremony Monday at the SSI auditorium.

The civilian of the quarter is Christopher Lyew-Daniels, who also received the Achievement Medal for Civilian Service. Lyew-Daniels will also receive a reserved parking space for this quarter.

The Soldier of the quarter is Staff Sgt. Kereen Bennett, who also received the Army Achievement Medal.



**LYEW-DANIELS**



**BENNETT**



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facebook



# BCT honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Matthew O'Dell**  
Company B  
1st Battalion,  
34th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Amelia Briggs

**SOLDIER OF THE CYCLE**  
Spc. Jonathan Darnall

**HIGH APFT SCORE**  
Pvt. Aisha Harris

**HIGH BRM**  
Pvt. Christopher Morton



**Staff Sgt. Romell Bourne**  
Company F  
1st Battalion,  
34th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Jamal Wright

**SOLDIER OF THE CYCLE**  
Pvt. Gary Connell

**HIGH APFT SCORE**  
Spc. Gregory Karsner

**HIGH BRM**  
Pvt. Brandon Gardner  
Pvt. Devyn Glad

## SUPPORT AWARDS OF THE CYCLE

**STAFF SUPPORT**  
Staff Sgt. Marcus Dandridge

**TRAINING SUPPORT**  
Lyle Daniels

**SERVICE SUPPORT**  
Sidney Gutman

**DFAC SUPPORT**  
Sherri Covington

# Training honors



**Sgt. 1st Class Donald Hicks**  
Company A  
Drill sergeant of the cycle  
Task Force Marshall



**Sgt. 1st Class Phillip Maxwell**  
Company B  
Drill sergeant of the cycle  
Task Force Marshall



**Sgt. 1st Class Barlow Lindsey**  
Platoon sergeant of the cycle  
369th Adjutant General  
Battalion



**Staff Sgt. Michael Romero**  
Cadre of the cycle  
369th Adjutant General  
Battalion

## Want more Fort Jackson news?



Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).





At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy’s Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year’s Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Family Life Resiliency Center	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times.
Officers’ Club	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
Palmetto Falls Water Park	751-3381	**Closed for season**
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pool, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
Pool, Legion	751-4796	**Closed for season**
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Gate 1 Express	782-2076	Monday-Friday, 7 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 6 p.m.
Gate 2 Express	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Weston Lake	751-5253	Oct. 1 through April 30: 9 a.m. to 5 p.m.; May 1 through Sept. 30: 10 a.m. to 6 p.m.

Anything we missed? E-mail us at [fjleader@gmail.com](mailto:fjleader@gmail.com).





Above, students from C.C. Pinckney and Pierce Terrace elementary schools perform a Merengue dance during the post's Hispanic Heritage Month celebration Saturday at Patriot Park. Right, members of "Sabor Loco," a Northeast Columbia-based Zumba group, offer a demonstration during the festival. Other performers during the event included the salsa band "El Calvito & Orquesta Con Clase," Reggae-ton artist Willython and the Charleston-based salsa dance company "Oui Dance 2." The festival was hosted by the Soldier Support Institute and encompassed the theme, "Many backgrounds, many stories and one American spirit."

Photos by  
SUSANNE KAPPLER



# SSI hosts 'fiesta grande'

*Fort Jackson celebrates Hispanic Heritage Month*



Children participate in arts and crafts activities at the Hispanic Heritage Month celebration.



Leo Morel performs a Spanish version of "Stand by me."



C.C. Pinckney and Pierce Terrace elementary schools students perform a Mexican hat dance. The celebration highlighted many Latin-American countries with music, dance performances and food. A display illustrated the history of Hispanics in the United States and highlighted some notable Latinos in U.S. history. The event's guest speaker was Myriam Torres, assistant professor at the University of South Carolina's Arnold School of Public Health and director of the Consortium for Latino Immigration Studies.

CMYK

27" WEB-100

CMYK



Calendar

**Today**  
**American Society of Military Comptrollers, Palmetto Chapter meeting**  
11:30 a.m. to 1 p.m., NCO Club  
For more information, call 751-4300/8086.

**Tobacco cessation orientation**  
3 to 4 p.m., MACH, third floor conference room  
For more information, call 751-5035.

**Friday**  
**An evening of pink — breast cancer awareness presentation**  
6 to 10 p.m., Officers’ Club  
Doors open at 5:30 p.m. Tickets cost \$7.  
For more information, call 751-2974/5251.

**Tuesday**  
**Mock home inspection class**  
11:30 a.m. to 1 p.m.  
The class is open to all ID card holders. RSVP is required by Oct. 21. For more information, call 751-9323/9339/5788.

**Friday, Oct. 28**  
**BOSS Halloween party**  
6 to 10 p.m., Alpine Lodge at Heise Pond  
The event is free and open to all. Wearing costumes is encouraged. Light refreshments and food will be provided.

**Wednesday, Nov. 9**  
**Retired Officers’ Wives Club luncheon**  
11:30 a.m., Officers’ Club  
RSVP is required by Nov. 4. For more information, call 788-1094 or 783-1220.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

**Saturday**  
**Community yard sale**  
6 a.m. to 3 p.m., Solomon Center  
Shoppers from on and off post are invited to attend. For more information and to reserve a table, call 751-9339.

Announcements

**CHANGE IN HOURS**  
The Personal Property Office will change its hours of operations for walk-in services starting Nov. 1. The new office hours are: 7:30 a.m. to 4 p.m., Mondays, Wednesdays and Fridays; 7:30 a.m. to 4 p.m. (limited services from noon to 4 p.m.); Tuesdays; 7:30 a.m. to noon, Thursdays. For more information or in case of emergencies, call 751-5137/5138.

**RECLAMATION SALE**  
A military clothing reclamation sale is scheduled from 8 a.m. to 3 p.m., Nov. 1 and 2 at 2570 Warehouse Row. The sale is cash only and is open to service members and military retirees. For more information, call 751-7213.

**BOSS FOOD DRIVE**  
Better Opportunities for Single Soldiers will conduct a food drive Nov. 1 through 18. For more information, call 751-1148.

**SCHOLARSHIP OFFER**  
The Council of Colleges and Military Educators is awarding 10 scholarships, five to active-duty service members, five to military spouses. The deadline to apply is Nov. 1. For more information, visit [www.ccmeonline.org/scholarships.aspx](http://www.ccmeonline.org/scholarships.aspx).

**NOMINATIONS SOUGHT**  
The Marine Corps Heritage Foundation is accepting nominations for people who portrayed or recognized aspects of Marine life, culture, history or work. For more information, visit [www.marineheritage.org/awards.asp](http://www.marineheritage.org/awards.asp).

**HOLIDAY EXTRAVAGANZA**  
The Victory Chapter Sergeants Major Association 2011 Holiday Extravaganza is scheduled for 6 p.m., Dec. 17 at the NCO Club. Tickets cost \$25. For more information, call (919) 605-4283.

**SKIES TRANSPORTATION**  
SKIES Unlimited is offering on-post transportation to classes for children who attend Child Youth and School Services child care facilities on post. For more in-

formation, call 751-6777.

**DPW ONLINE SERVICE ORDERS**  
The Directorate of Public Works online service order system is only available to users who have completed the DoD Enterprise Email migration. Service orders can also be requested by calling 751-7684 or by calling the emergency service hotline at 562-3637.

**DHR TRAINING CLOSURES**  
Some Directorate of Human Resource offices will be closed for training on the third Tuesday of each month. Prior to closing each month, a list will be available indicating which activity will be closed that month for training.

**FCC PROVIDERS NEEDED**  
The next Family Child Care orientation training is scheduled from 8 a.m. to 4 p.m., Oct. 31 through Nov. 4 at the Joe E. Mann Center. Military spouses who live on post and DSS registered off-post child care providers may apply to become certified. Applications are accepted through Oct. 21. For more information, call 751-6234.

**DHR CLOSURE**  
The Directorate of Human Resources offices will be closed Friday from 10:30 a.m. Alternate locations for ID card emergencies are the Soldier Family Assistance Center, Shaw Air Force Base and the South Carolina National Guard Center.

**KNIGHT POOL HOURS**  
Knight Pool is open from 6 a.m. to 2 p.m. and 4:30 to 7 p.m., Monday through Friday.

**VETERANS DAY BALL**  
The 171st Infantry Brigade will host its fifth annual Veterans Day ball at 6 p.m., Nov. 4 at the Medallion Center. Tickets cost \$25. For more information, call 751-3311/7110/6253.

**THRIFT SHOP NEWS**  
The Thrift Shop is now accepting items for Halloween, Thanksgiving and Christmas. Customers should not put holiday items and regular items on the same assignment sheet.

Starting Tuesday (and every other week after), the Thrift Shop will award \$2 coupons off any item to customers who wear college colors.  
The Thrift Shop’s Cinderella Project has free ball gowns for sergeants and below and spouses of active-duty sergeants and below.

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

**2ND DIVISION SOLDIERS SOUGHT**  
The Second (Indianhead) Division Association is looking for Soldiers who served in the 2nd Infantry Division. The association is planning a reunion in August. For more information, visit [www.2ida.org](http://www.2ida.org) or email [2idahq@comcast.net](mailto:2idahq@comcast.net).

SUBMISSION GUIDELINES

Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.  
For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609. For information about display advertising, contact Kathy at 786-5681.  
The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.  
The Leader reserves the right to edit letters for grammar, style, spelling and brevity.  
Send your letter to [FJLeader@gmail.com](mailto:FJLeader@gmail.com).



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at <http://www.vimeo.com/user3022628>

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# FMWR has plenty of treats for Halloween partygoers

By **THERESA O'HAGAN**  
Fort Jackson FMWR

Scare up some fun for Halloween with your friends at Family and Morale, Welfare and Recreation.

From fun, family-friendly activities to frighteningly good entertainment for adults, Family and MWR has something for everyone.

Ghosts, goblins, witches, GI Joe, Teenage Mutant Ninja Turtles, Barbie, Tinker Bell, Dora and even Batman are sure to find so much fun this Halloween, it's, well, scary!

From haunted houses to the kid-fiendly, sorry, friendly Fall Festival, there's no reason to rattle around the mansion bored.

Child, Youth and School Services have fun for the whole family with the annual Fall Festival Friday, Oct. 28, 7-9 p.m. at the Solomon Center. Children of all ages can play Halloween and fall-inspired



games for prizes. More games and other activities will be available as well. This event is free and has become a tradition at Fort Jackson.

For the older children in the family, a very scary haunted house had been set up in the Youth Center. Transportation will be provided from the Solomon Center to the Youth Center and back.

Get your ghoul on at the NCO Club Oct. 29 for one of the scariest haunted houses around. The Haunted House is welcoming brave and foolish souls from 6-11 p.m. The NCO Club will also offer PG-rated trick or treat 6-8 p.m.

Be the Boogie Oogie Bogey Man with Classic Soul Saturday. Halloween happenings at the NCO Club include three separate costume contests (women's, men's and couples').

The NCO Club is giving away more than \$200 in cash. Prizes and surprises will be given away throughout the night, which is hosted by the Big DM's Jay Styles and Vernessa Pendegrass.

Couples in costume get in free before 10:13 p.m. Doors open at 8:30 p.m. There will be a free buffet, but come early, before it disappears. The NCO Club also features the best drink prices in town — no scary surprise when the bar tab arrives.

## Big & Rich headline free on-post concert

### Special to the Leader

Country artists Big & Rich will perform a free concert Saturday as part of Tour for the Troops. This concert is free to all DoD identification card holders and their guests.

There is no limit on the number of guests allowed per card holder. This free concert begins at 7 p.m. at Hilton Field and gates open at 5:30 p.m. Special guest Eric Paslay will open. The concert is

brought to Fort Jackson by the Air Force Reserve, Family and Morale, Welfare and Recreation and Carrabba's Italian Grill.

Big & Rich comprises Kenny Alphin and John Rich, who won Celebrity Apprentice. The two have garnered multiple Grammy, ACM, CMA and CMT Music Award nominations.

Big & Rich's first studio album, "Horse of a Different Color," includes the hit infectious single, "Save a Horse (Ride a Cowboy)."

Other hits include, "Comin' to Your

City," "8th of November" and "Lost in this Moment." "Comin' to Your City" is in its sixth consecutive year as the theme song for ESPN's College Game Day show.

The group recently released its new high-energy single, "Fake ID," which is the group's first in more than three years. The track is also the featured song in the movie Footloose and on the Footloose soundtrack.

Coolers, pets, professional recording devices, weapons or illegal items are prohibited at the concert.

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Nov. 3 Leader must be submitted by today.

Announcement submissions are due one

week before publication.

For example, an announcement for the Nov. 3 Leader must be submitted by Oct. 27.

Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com) or call 751-7045.



## FMWR calendar

### THURSDAY

Visit **Century Lanes** for food, fun and bowling.

Visit **Victory Bingo**, 2 to 11 p.m.

Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.

**Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

### FRIDAY

Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.

Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.

**Victory Bingo**, starts at 2 p.m.

Friday Dollar Daze at **Century Lanes**, 6 p.m. Call 751-6138 for more information.

Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.

Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

### SATURDAY

Chimney Rock Day Trip, **Marion Street Station**, 8 a.m. to 8 p.m. Call 751-3484 to register.

**Victory Bingo**, starts at 1 p.m.

Step Team practice, 2 p.m., dance room at the **Youth Services Center**.

Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

### SUNDAY

Try Hickory Bistro at the **Officers' Club**, 11 a.m. to 1:30 p.m. Get your favorite breakfast or lunch dishes at a new lower price.

**Victory Bingo**, starts at 10 a.m.

Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

### WEDNESDAY

**Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.

Victory Readers Club, 6 to 8 p.m., **Post Library**.

**4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

### ONGOING OFFERS

The **Officers' Club** specializes in wedding receptions, anniversaries, promotions and other special occasions.

For more information, call 782-8761.



# Healthy lifestyle key to healthy pregnancy

By **SABRIYA DENNIS**

U.S. Army Public Health Command

Approximately 50 percent of all pregnancies are planned. Women with unplanned pregnancies are at increased risk of delivering premature and low birth weight babies.

Women who are unaware of their pregnancy may engage in unhealthy behaviors such as smoking, alcohol use or drug use that place the baby at risk and hinder development. Other health-related issues such as poor nutrition, low physical activity and untreated sexually transmitted infections add to the risk of poor birth outcomes.

Preconception health can help decrease pregnancy complications and decrease a child's chances of future health and developmental problems.

## PRECONCEPTION CARE VS. PRENATAL CARE

On average, most women do not discover that they are pregnant until after they are at least four to six weeks along and do not receive prenatal care until after this point. Unfortunately by this time, their babies have already passed critical developmental milestones (such as neural tube development) and are most susceptible to birth defects (such as spina bifida).

Unlike prenatal care, which is received during pregnancy, preconception care is preventive, and measures can be taken before women become pregnant. These ac-



to minimize risk of birth defects. In addition, preconception care is the practice of good health habits and living a healthier lifestyle regardless of a woman's desire to have children. The following items are recommended preconception health practices for women.

**Important Actions to Improve Women's Preconception Health:**

1. Take 400 micrograms of folic acid per day for at least three months before becoming pregnant.

- ☐ Stop smoking and drinking alcohol.
- ☐ Avoid exposures to toxic substances or potentially infectious materials (such as chemicals or cat and rodent feces) at work or at home.
- ☐ Talk to a doctor about any over-the-counter and prescribed medications including vitamins, and dietary or herbal supplements.
- ☐ Seek treatment for all medical conditions.
- ☐ Make sure all medical conditions are under control.
- ☐ Update rubella vaccinations to prevent congenital

rubella syndrome.

- ☐ Consult a doctor regarding family health history.
- ☐ Reduce stress where possible.

## PRECONCEPTION HEALTH AND MEN:

Preconception health is just as important for men as it is for women. Men should consider the following to ensure that they are in good preconception health:

- ☐ Get screened and treated for sexually transmitted infections.
- ☐ Quit smoking and/or drug use.
- ☐ Limit alcohol use.
- ☐ Reduce stress where possible.
- ☐ Improve nutrition.
- ☐ Consult a doctor about health status and family health history.

☐ If one works with toxic chemicals, be careful not to expose women to them; keep and wash clothes separately.

Planning is key to ensuring good preconception health. If a person is not ready to begin a family all contraceptive options should be considered to prevent or delay pregnancy.

For more information on preconception health, visit:

U.S. Department of Health & Human Services Office on Women's Health, [www.womenshealth.gov/pregnancy/before-you-get-pregnant/preconception-health.cfm](http://www.womenshealth.gov/pregnancy/before-you-get-pregnant/preconception-health.cfm)

American Pregnancy Association, [www.americanpregnancy.org](http://www.americanpregnancy.org)

Centers for Disease Control and Prevention, [www.cdc.gov/ncbddd/preconception/QandA.htm](http://www.cdc.gov/ncbddd/preconception/QandA.htm)

# TRICARE offers home delivery option

By **JAMES W. CARTWRIGHT, PH.D.**

U.S. Army Public Health Command

TRICARE patients are making the switch to home delivery. In record numbers, patients with regular prescription medications are getting their 90-day supplies through the mail-order option — TRICARE Pharmacy Home Delivery. That's made a dent in use of more expensive retail pharmacy options.

Retail pharmacy growth slowed from an annual rate of about 7 percent in 2010 to less than 2 percent through July 2011.

"This success is due in large part to great teamwork among TRICARE Man-

agement Activity staff, our pharmacy contractor, senior DoD leadership, military associations and many more people who took the time to help us get the word out," said Rear Adm. Christine Hunter, retiring TMA deputy director.

It's a trend she is sure will continue under the leadership of incoming TMA deputy director, Brig. Gen. Bryan Gamble.

Beneficiaries who use TRICARE Pharmacy Home Delivery get prescription medications through their doors through U.S. mail. Home delivery also offers the popular option of automatic prescription refills.

"Patients realize significant savings by getting regular prescriptions through Home

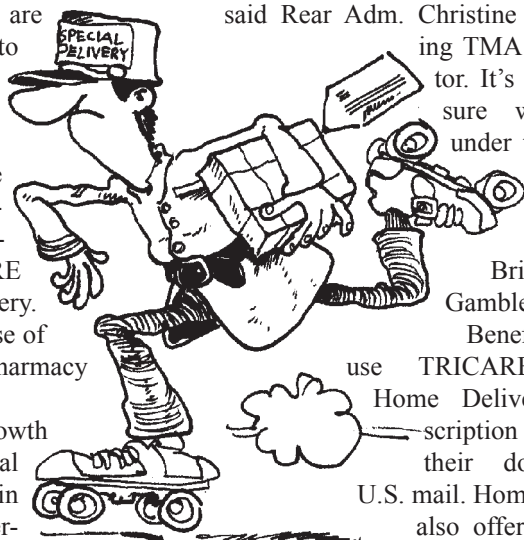
Delivery," said Hunter, "and so does the Department of Defense."

There's an additional reason to switch to home delivery, which went into effect Oct. 1.

"Pharmacy copays are changing," said Hunter. "We're going to zero copays on generic medications obtained through Home Delivery and you can't do better than that."

For more information about TRICARE pharmacy options, new copayment rates and Home Delivery visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy). Patients can see if making the switch to TRICARE Pharmacy Home Delivery works for them and move their prescriptions to Home Delivery through the website at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE).

There's even an "app for that" for registered users at [www.express-scripts.com/](http://www.express-scripts.com/) mobile where registered users can order refills, check orders and find a network pharmacy.



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facebook

## MACH UPDATES

### EVENING OF PINK GALA SET

The Moncrief Army Community Hospital Surgical Clinic and Army Public Health Nursing are hosting "An Evening of Pink," 6 to 10 p.m., Friday at the Fort Jackson Officers' Club. Dr. David Lipsi, a general surgeon at MACH, and Dr. Steven Madden, a local hematologist and oncologist, will both speak. Doors open at 5:30 p.m. Tickets are \$7. Call 751-2974/5251 for information.

### FLU SHOT SCHEDULE

Seasonal flu shots will be available to eligible beneficiaries 4 and older beginning Thursday. Vaccinations will be given 8 a.m. to 4 p.m., in Room 6-67 at Moncrief Army Community Hospital. October dates are: Oct. 20, 25 and 27. Vaccinations will be given 8 a.m. to 8 p.m., Oct. 26. The vaccination schedule for the Main PX is 10 a.m. to 2 p.m., Oct. 21 and 28. The schedule for the Solomon Center is 8 a.m. to 3:30 p.m., Oct. 24 and 31.

Children 36 months and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

### WOMEN'S SUPPORT GROUP

A support group for family members of Soldiers dealing with substance abuse, post-traumatic stress disorder and conflicts meets 5 p.m., every Wednesday in Room 7-90 of Moncrief Army Community Hospital. The purpose of the group is to provide support, education and encouragement and to address issues in a safe and confidential environment.



# Waiting on God takes obedience, faith

By **CHAPLAIN (MAJ.) DERRICK RIGGS**  
*U.S. Army Chaplain Center and School*

Waiting has to be one of the most difficult things to do in life. We have grown up with things being made available to us more and more quickly. We can send a package from California to New York overnight. We can microwave water to a boil in two minutes, flick a switch on the wall for instant fire in the fireplace, do live video chats with family and friends on the other side of the world. We have engineered our entire lives for “instant.” What we do not do well is wait.

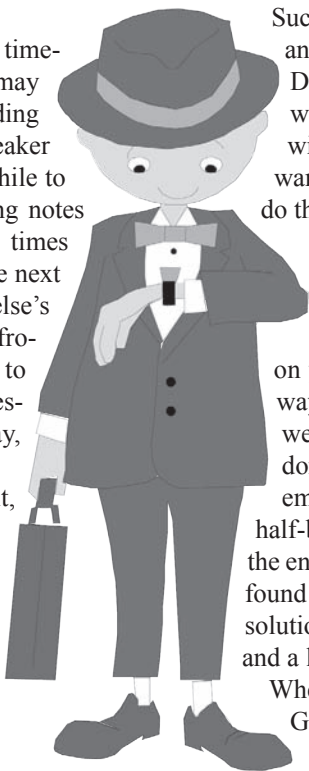
God’s timing on our waiting never seems to sync with our expectations. As a general rule, we understand the benefit of waiting in many areas of life. We wait for our investments to grow. We wait for medication to take effect. We even wait for the passage of an academic season to get to the goal.

Waiting — yeah, we got it. However, waiting on the spiritual development times and the processes that must take place for us to get to where God wants us to be is a whole different story. How long does that take? What are the landmarks to show me progress? Isn’t there something

I can do to help the process along?

Waiting in terms of God’s design has no time-line and often requires our obedience. It may sometimes seem as though we are just standing still. A chemist will add chemicals to a beaker and wait on the reaction that may take a while to develop, but he is always observing, taking notes and studying in the process. Believers at times will be required to wait on God to enact the next step, solve the problem, change someone else’s heart; but they feel like they wait in pause, frozen with nothing else to do and nothing else to observe. And then the person begins to question, “How long?” It is rare to hear God say, “Just a few more days.”

We almost demand that if we are to wait, then we deserve to know how long or, at the very least, the landmarks that can be expected during the wait so we can know the wait process is moving forward. When required by God to wait, who are we to demand of God anything about the duration or the landmarks?



Success in waiting lies less in knowing the details and more in knowing the one making the request. Demanding details of the waiting process says we may believe God, but don’t trust him enough with the details of our lives. It’s normal for us to want to control our days and futures. We think we do that well.

Libraries are full of books telling you all the formulas of how to craft a better tomorrow for yourself. The problem is, they never tell you how to unscrew the screw-up you made on your own. The fact is, God’s plan done man’s way ends up with disconnected puzzle pieces that we can’t figure out how to fit together. Our plan done our way leaves us searching for the next emotional fix just so we can feel good about the half-baked solution we think has real value. But in the end it just leaves us feeling like we have not quite found success and we’re left with a fist full of failed solutions, emotional scars, destroyed relationships and a laundry list of “if only’s.”

When waiting on the hope of tomorrow, trust the God who has already seen the whole picture.



**PROTESTANT**

- Sunday  
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center  
9:30 a.m. Hispanic, Post Theater  
9:30 a.m. Main Post Chapel  
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)  
10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)  
10:45 a.m. Sunday school, Main Post Chapel  
11 a.m. Memorial Chapel  
11 a.m. Chapel Next, Bayonet Chapel
- Wednesday  
6 p.m. Prayer service, Magruder Chapel

**Protestant Bible Study**

- Monday  
7 p.m. Women’s Bible study (PWOC), Main Post Chapel
- Tuesday  
9:30 a.m. to noon Women’s Bible study (PWOC), Main Post Chapel
- Wednesday  
6 p.m. Gospel prayer service, Daniel Circle

- Chapel  
7 p.m. Gospel Bible study, Daniel Circle
- Chapel  
7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday  
8 a.m. Men’s prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

**Protestant Youth of the Chapel**

- Sunday  
5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday  
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

**CATHOLIC**

- Monday through Friday  
11:30 a.m. Mass, Main Post Chapel
- Sunday  
9:30 a.m. CCD (September through May), Education Center  
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel  
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel  
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel  
11 a.m. Mass (Main Post Chapel)  
12:30 a.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women’s scripture study, Main Post

**Chapel**

- Wednesday  
7 p.m. Rosary, Main Post Chapel  
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday  
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

**ANGLICAN/LITURGICAL**

- Sunday  
8 a.m. Anderson Street Chapel

**ISLAMIC**

- Sunday  
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday  
1 to 2 p.m. Jumah services, Main Post Chapel

**JEWISH**

- Sunday  
9:30 to 10:30 a.m. Worship service, Memorial Chapel  
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

**LATTER DAY SAINTS**

- Sunday  
9:30 to 11 a.m. Anderson Street Chapel
- Thursday  
7 to 8 p.m. LDS scripture study, Anderson

**Street Chapel**

**CHURCH OF CHRIST**

- Sunday  
11:30 a.m. Anderson Street Chapel

**ADDRESSES, PHONE NUMBERS**

- Anderson Street Chapel**  
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**  
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**  
4581 Scales Ave.
- Family Life Chapel**  
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**  
4360 Magruder Ave., 751-3883
- Main Post Chapel**  
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**  
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**  
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**  
1895 Washington St., 751-5086/7427
- Installation Chaplain’s Office**  
4475 Gregg St., 751-3121/6318



# Document an important parental tool

*From the Legal Assistance Office*

A power of attorney is an important document that a person (the principal) can give to another person (his or her attorney-in-fact) to conduct business on the principal's behalf.

Once granted, the attorney-in-fact can do anything that the principal could do with his property, including making health care or child care decisions. As such, a POA should only be given to someone that the principal truly trusts as its potential for abuse can be great.

One POA that may be of particular value to service members is the "in loco parentis" POA.

This document grants a third-party the right to make child care decisions in place of the parent. Such decisions may include providing food, clothing and shelter, as well as the ability to make medical decisions, including surgical and dental.

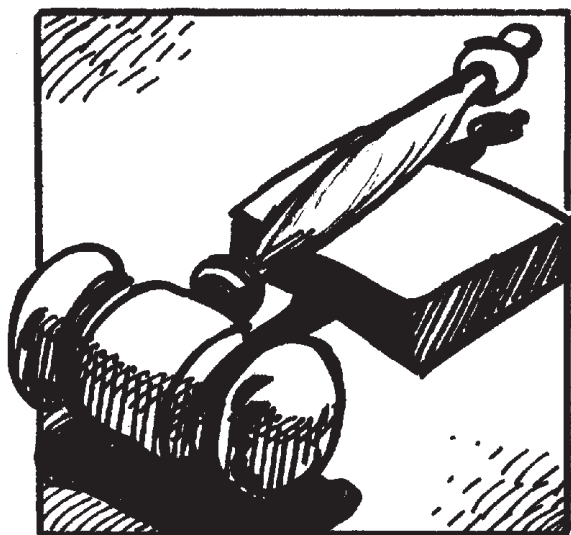
This POA also can be used for the educational welfare of the child, including registering the child for classes, participation in extracurricular activities and even school enrollment.

There are several advantages to having an "in loco parentis" POA. First, it gives parents flexibility when the circumstances of their lives make it difficult or impossible to provide care for their children for a period of time.

For instance, a Soldier who has sole custody of his or her child and comes to Fort Jackson for training can grant such a POA to a trusted third party. This provides peace of mind knowing that, despite the temporary absence, the child will be taken care of in every way necessary.

Another advantage is that this POA can be tailored to specific time limits. Depending on the event, it can be as long or short as needed.

Finally, this POA is normally durable, meaning that if the principal becomes incompetent and cannot make decisions, the POA remains in effect. The POA expires upon the stated time limit, the revocation of the POA by



the principal or the death of the principal.

The "in loco parentis" POA, however, does not grant custody of the child to the attorney-in-fact. As such, any party having legal custody of the child, such as another biological parent, can take the responsibilities from the attorney-in-fact at any time.

For instance, both parents may be unable to provide care for their child due to training requirements. They can create a POA making a third party their attorney-in-fact to provide care for the child for a period of four months. If one of the parents returns from training prior to the four months, he or she could exercise a custodial right and take the child back early.

There are also some circumstances in which an "in loco parentis" POA may not be enough or appropriate to accomplish the desires of the principal. For example, some school districts have strict standards for school enrollment.

They may require that only someone with legal custody of the child can register the child for school and, therefore, a POA would not be enough.

This often occurs in school districts that are considered

"superior" to others, and there is a fear that people may misuse POAs to enroll in that district.

This is an improper use of the POA, and, upon discovery, the child would be disenrolled. Again, while some school districts alleviate this issue by not accepting POAs, some do not, so it may be advisable to seek the advice of qualified legal counsel if there is any question about the appropriateness of such use.

For Soldiers who expect to be deployed and have sole custody of their child, it may be advisable to think about granting actual custody to another party instead of a POA.

This would require a court order, but it would have the effect of giving this party all of the rights that would be received under the "in loco parentis" POA.

Further, it would go beyond to ensure that in the event the deployed Soldier died, the child would have a legal custodian to provide care and support for him or her. This is because, unlike the POA, the custody order would survive the death of the parent. In any event, these are just some of the options available in planning for changing circumstances.

If you have questions about what options may be best for you, seek the advice of qualified legal counsel.

The Fort Jackson Legal Assistance Office is available to answer questions about this or any other legal issues and can be reached at 751-4287 for appointments.

## Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to service members, retirees and eligible family members.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

The office is closed on federal and training holidays. The office is located at 2600 Lee Road.

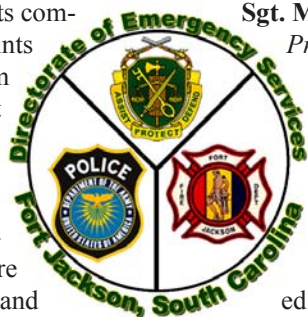
## FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Maj. Raymond Simons**

*Director, Emergency Services/Provost Marshal*



**Sgt. Maj. Bruce Sirois**

*Provost Sergeant Major*

**Bill Forrester**

*Fire Chief*

### CASES OF THE WEEK

❑ Two civilians suspected of being illegal immigrants were issued three-year post bar letters after one attempted to enter the post using false identification, Military Police said. The driver attempted to gain access

to the post with no driver's license and the other possessed no identification, MPs said. Both civilians were transported to the Provost Marshal's Office where they were both charged with illegal entry, MPs said. The driver was also charged with transporting an illegal alien and driving without a license, MPs said. Both were escorted from the installation and the vehicle was towed.

❑ A civilian was issued two citations in connection with a traffic stop for a cell phone violation, MPs said. When the driv-

er was stopped for using a cell phone while driving, MPs discovered that the civilian's driver's license had been suspended for controlled substance violations. The civilian was also charged with driving with a suspended license, and was released.

❑ A civilian was charged with having a controlled substance after attempting to enter the installation with marijuana, MPs said. The substance was found during a random vehicle check, MPs said. The civilian was issued a post bar letter and escorted from the installation.



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# Commercial break? Work out instead

I bet you think with your life being as busy as it is, you just cannot seem to find the time to get in that workout. You have recognized how important it is, but so is everything else that you do. The only part of your gym membership being exercised is the monthly fee you pay.

Your life just does not work with the current gym hours. Because of family, work, church, etc...the only time you seem to have for yourself is when you are watching the news. Well, if you are determined to get in a workout; then maybe you can put commercials to better use.

You love watching your favorite program(s), right? And, typically during commercials we take care of pressing matters that require our attention. That could be loading the dishwasher, putting up the laundry, checking on dinner, breaking up a fight between the kids. This list is endless. Many of us take advantage of the commercials and do something that we have designated more important than being encouraged to spend our hard-earned dollars on the latest gadget or food.

A pressing matter that may have slipped your mind is that workout. You have some free minutes that you can use to make a difference in your waist. You are already filling those commercial minutes. Why not fill them with something you have been trying to fit into your life? Your workout. It is so easy to make this innovative approach to exercise work for you.

My “commercial workout plan” involves either a one-hour program or two 30-minute programs. Each 30-minute program has approximately four commercial breaks. Each commercial break typically lasts two minutes (some slightly longer) so you can give yourself a 16-minute

**The Weigh It Is**  
**By Pamela Greene**  
*Fitness programmer,  
Family and Morale, Welfare  
and Recreation*



workout per each hour. That can be a powerful tool to your advantage.

When you perform a specific exercise (or exercises) for about two minutes, I promise you, you are working out. You can create a circuit or interval training segments that you go at hard during the commercials and recover while viewing your program. If getting your exercise is something that you sincerely want to include into your life, commercials may just be the answer.

Begin by investing in and preparing yourself with what you will need for your commercial workout. I recommend a medium exercise tube as your equipment. You can do so much with an exercise tube and your own body weight. Plus, this takes up very little space and does not require a lot of organizing You also want to have a clock with a minute hand, a large bottle of cold water and a towel handy for sweat (hopefully, you will really need this).

When your program breaks for commercials, you break for your workout. Keep track by checking the minute hand on your clock. Below is a one-hour commercial break workout routine that you can use to get yourself started.

Of course, you can replace any move to suit your workout. When using an exercise tube, be safe and make sure your feet are always securely placed on top of the tube.

Make sure you have a good grip on the handles. You don’t need to squeeze them, just hold them. Your posture plays a role, too, so be aware of your posture and keep your knees slightly bent, shoulders down and tummy pulled in. You are now ready to begin.

1. Take the first minute and perform bicep curls. Then, take the second minute and squat for one minute. Recover and resume your program (if you can, stand for a moment while you drink your water).
2. Take the third minute and perform shoulder presses while standing on the tube; push your arms overhead. Then, take the fourth minute and squat for one minute. Recover and resume your program (if you can stand for a moment while you drink your water).
3. Take the fifth minute and perform pushups for one minute. Then, take your sixth minute and squat for one minute. Recover and resume your program (if you can, stand for a moment while you drink your water).
4. Take the seventh minute and perform side lateral raises for one minute. Hold the tube in each hand and reach your arms out to the side (trying to be shoulder level, not higher). Then, take the eighth minute and do abdominal bicycles for one minute. Really stretch those legs, and really twist your torso. Recover and resume your program (if you can, stand for a moment while you drink your water).

Repeat with number one for the second half of your workout. Remember to take your final minute to stretch.

## Sports shorts

### COMMANDER'S CUP BOWLING

Names for Commander's Cup bowling are due to the Sports Office by Oct. 26. Each battalion may have up to three teams of four for each of the tournament's three days. Awards for male/female high game; male/female high series and top unit will be awarded. This is for active duty only.

**ADULT SWIM LESSONS OFFERED**

Adult swimming lessons are being offered at Knight Swimming Pool. The eight classes are scheduled throughout two four-week sessions. Two time slots are available each session for beginner classes. Register at Marion Street Station or the Solomon Center prior to the start of the session. Cost is \$45 per session. Call 751-4796 for more information.

*Session 1:* Classes are scheduled for Mondays and Wednesdays, through Nov. 2. Beginner classes are 11:45 a.m. to 12:45 p.m. or 4:45 to 5:45 p.m. Intermediate classes are 5:45 to 6:45 p.m., Mondays and Wednesdays, through Nov. 2.

*Session 2:* Classes are scheduled for Mondays and Wednesdays, Nov. 7 through Dec. 2. No class will be held Nov. 23. Beginner class is 11:45 a.m. to 12:45 p.m. or 4:45 to 5:45 p.m. Intermediate class is 5:45 to 6:45 p.m.

**HALLOWEEN HOWL SET**

A Halloween Howl 5K and 10K fun run/walk is scheduled for 8 a.m., Oct. 29. Registration is open now through Oct. 27. Registration also will be available 7-7:45 a.m. the day of the event. No bikes or pets allowed.

### Flag football standings

Monday/Wednesday	
120th	8-0
MEDDAC	5-2
2-60th	4-3
Roughnecks	4-4
TFM	3-5
2-39th	3-5
3-60th	2-4
3-34th	1-7



Tuesday/Thursday	
TSB	5-1
187th	5-1
1-61st	3-2
193rd	2-2
4-10th	1-3
171st	0-7

Standings as of Tuesday

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